

Patient Name: _____

Greenhouse Internists, PC

Date of Birth: ___/___/___

Coping Strategies and Self-Management Tools

Behavioral Strategies can help reduce your risk for relapse. Consider these strategies for dealing with common triggers prior to quitting:

1. Stress

Remember, there will always be stress in life. Luckily, there are many ways to cope or relax without a cigarette. Anticipate upcoming challenges at work, school, or in your personal life and develop a substitute plan for smoking during times of stress:

- ✓ Deep breathing
- ✓ Take a break or leave the situation
- ✓ Call a supportive friend/family
- ✓ Massage
- ✓ Use nicotine replacement therapy.

2. Alcohol

Drinking alcohol can lead to relapse. Consider limiting or abstaining from alcohol during the early stages of quitting.

3. Other smokers

Quitting is more difficult if you're around other smokers. During the early stages of quitting, limit extended contact with people who smoke. Ask co-workers, friends, and housemates not to smoke or use tobacco in your presence.

4. Oral gratification needs

Keep non-tobacco oral substitutes (e.g., gum, sugarless candy, straws, toothpicks, lip balm, toothbrush, nicotine replacement therapy, bottled water) readily available.

5. Smoking routines

Anticipate routines associated with smoking and develop an alternative plan. Examples include:

- ✓ Morning coffee: change morning routine, drink tea instead of coffee, take shower before drinking coffee, take a brisk walk shortly after awakening.
- ✓ Driving: remove all tobacco from car, have car interior detailed, listen to a book on tape or talk radio, use an oral substitute.
- ✓ Phone: stand while talking, limit call duration, change phone location, keep hands occupied by doodling or sketching.
- ✓ After meals: get up and immediately do dishes or take a brisk walk after eating, call supportive friend.

6. Cigarette cravings

Cravings for tobacco are temporary and usually pass within 5–10 minutes. Handle cravings through distractive thinking, take a break, do something else, take deep breaths.

Cognitive strategies can help you retrain the way you think. Remember, just because you might think about cigarettes doesn't mean you need to have one.

1. Review your commitment to quit
 - ✓ Each morning, say, "I am proud that I made it through another day without smoking!"
 - ✓ Remind yourself that cravings and temptations are temporary and will pass.
 - ✓ Announce, either silently or aloud, "I am a nonsmoker, or the temptation will pass."
2. Distract yourself. When you think about smoking, immediately shift your thoughts to something else.
3. Stay positive. Say, "I can do this," and remind yourself of previous difficult situations when you were able to avoid smoking. If you have a craving, remind yourself the urge will only go away if you don't smoke.
4. Relaxation- Center your mind toward positive, relaxing thoughts.
5. Mentally prepare. Prepare for situations that might arise by envisioning how to best handle them. For example, picture what would happen if a friend offered you a cigarette. Mentally craft and rehearse a response, and perhaps even practice saying it aloud.

Self-Management Tools

Apps and text messaging services are a great support tools and can help you stay on track. Consider using:

Smart phone apps: smartphone apps can help you track your cravings and moods, monitor your progress toward achieving smokefree milestones, identify your smoking triggers, and upload personalized "pick me ups" and reminders to use during challenging times to help you successfully become and stay smokefree. Here are some popular options:

QuitStart	Quit Smoking
Become and Ex Smoker	Call it Quits
Quit It	Quit Smoking

SmokefreeTXT: A mobile text messaging service designed to provide around the clock encouragement, advice, and tips to help smokers quit smoking and stay quit. To sign up, text the word **QUIT** to 47848 from your mobile phone, answer a few questions, and you'll start receiving messages. There is no additional fee for this service. However, message and data rates may apply. If you pay for individual texts, this program may not be right for you. If you aren't sure if you pay for individual texts, check with your mobile carrier before signing up, just to be safe.